## DAILY HEALTH TALKS

Where Most Sickness Begins and Ends

BY FRANKLIN DUANE, M. D.

It can be said breadly that most human ills begin in the stomach and end in the health, and poor digestion means bad health. The minute your stomach fails to properly dispose of the food you eat, troubles begin to crop out in various forms. Indigestion and dyspepsia are the commonest forms, but thin, impure blood, headaches, backaches, pimples, blotches, dizzmess, belching, coated tongue, weak-ness, poor appetite, elecplessness, coughs, colds and bronchitis are almost as common. There is but one way to have good health. Deople are to elect the members of the and that is to put and keep your stomach in good order. This is easy to do if you take Dr. Pierce's Golden Medical Discovery. It is a wonderful tonic and blood much bloodshed and street fighting. purifier, and is so safe to take, for it is especially in Berlin. Each man who made of roots and herbs. Dr. Pierce, of votes must cast his vote verbally and Buffalo, N. Y., stands behind this standard | alone so that all those present may medicine, and it is good to know that so know how he votes. A man in busi distinguished a physician is proud to have ness depending upon the trade of his his name identified with it. When you fellow citizens for a living naturally take Golden Medical Discovery, you are does not like to vote because he can getting the benefit of the experience of a dector whose reputation goes all around Scap is the most valuable commodthe earth. Still more, you get a temperate medicine that contains not a drop of cannot be obtained here is grease of alcohol or narcotic of any kind. Long ago any kind. With a hag full of soan, Dr. Pierce combined certain valuable one could travel anywhere in Gervegetable ingredients—without the use of many and have the best of everyalcohol—so that these remedies always thing. Things that cannot be bought have been strictly temperance medicines.

If piles are torturing you, get and use Pierce's Anodyne Pile Ointment. The quick relief it gives is hard to believe until you try it. If constipated, Dr. Pierce's Pleasant Pellets should be taken while using Anodyne Pile Ointment. Few in-deed are the cases which these splendid remedies will not relieve and usually overcome. They are so good that nearly every drug store has them for sale.

### WANTED

WANTED-Housework by the hour, Address Box 182, Bennington. 1116\*

WANTED-Woman between 40 and households.

WANTED-Washings to home, 112 Union street.

WANTED—One experienced sharper man at Bennington factory. A. S. Payne, Inc.

WANTED—Boys to sell vanilla dorf when the crisis came.

Idavoring after school hours and Saturdays; send \$1 for eight bottles that fetail for 25c each. Send postcard for free sample bottle. Wakefield Exsiple. If we go to Berlin, a truct Co., Sanbornville, N. H. 9t25.

WANTED-A first class gardener Apply Wm. H. Wills, Hawks Building, Bennington. 816 WANTED—Position as working manager or herdaman, goldleman's estate or first class ferm. Merried, life experience with agriculture and live stock. Wish to locate 17 Vermont. Heat references. Russell Poslar, Weedsport, N. Y. 815\*

WANTED Women between the gos of 20 and 45 to take a six months pure in practical sursing. For fur-ine particulars apply to Mutual Aid. octation, 5 Harris Place,

WANTED-Teachers at once Va-cancles in graded and rural schools. On Al. Germany, Dec. 12 Good salaries. Apply today. Hathway way Teachers' Agency, phone 226-W. Since my last letter home

WANTED-Dry corn fodder. H. T. Cushman Mfg. Co.

### TO RENT

TO RENT-In young Protestant family, furnished room and the duod home for congenial young man. Apply \$12 Main street. TO RENT-Tenement, Apply to Mrs. B. G. Slade, tel. 167-M. 111f TO RENT—3 farnished rooms for light house keeping. Inquire 222 School street. 1016\*

TO RENT—Stores, offices, tenements, shops, stables, individual storage lockers, furnished apartments and rooms, all centrally located. Geo. M. Hawks, 425 Main street.

### FOR SALE

including four good overcoats, dining room table, couch and bureau. Inquire 124 Safford St. tel. 371-W. 1116 needed rest. Last

FOR SALE-4 pairs 1 beam sleds. A. J. Nash, North Bennington, Vt. 84tf FOR SALE—Oats for feed or seed—Baled hay and loose straw—straw at barn only. Beans for eating purposes all grades of hard, dry 4 foot wood, (White birch—maple—beech and oak.) Phone 383-M. A. H. Winslow, 315 Main Street.

### **Teams Wanted** to draw logs.

PLUNKETT-WEBSTER LUMBER COMPANY.

## FOR SALE

Potatoes and Onions E. WHEELER RICE Tel. 464-W.

Wanted WOOD LOCK-WE DO CUSTOM SAW-ING OF LOCK-SAWDUST \$1.00 PER CORD. For Sale-Cord wood-Steve length. Delivered. North Hennington. Yermont.

SOAP WORTH MORE THAN MONEY IN GERMANY

(Continued from Page One)

will be the case. It is true that on the section of the Rhine that the French have occupied. conditions are different. The French are enforcing the same rules that the Good digestion means good Germans enforced in Belgium. The civilians have to be in boll at seven each evening. All of the women must how to the French officers and the men must take off their hats. In some biliousticss, sick headache, instances, the French are karrying things pretty far, but, after all, one

On the 19th of this month, there is to be an election in this country. The one could travel anywhere in Ger you will offer will a farmer part with

sugar, usually sucharine. When soid, this marmakade looks like dark brown hedges, stone walls, stone or brick fore, is to reach a price basis that apple sauce and tastes not unlike it, houses and barns, and thry fields land

to Berlin, but it hardly seems posturn sawing or flour, mills. sible. If we go to Berlin, a certain The very scenery statisfactor and a statisfactor and place to spend the winter.

Sincerely: Edmund P. Howe."

Addressa Lt. E. P. Howe, Hdqs. 1st Bn., 23rd Inf., American E. F.

A.P.O.710.

The following interesting descripsts tion of the march into Germany is Af, Germany, Oec. 12, 1918.

Since my last letter home my Co. 6tf and whole division have been moving forward. We have now marched about 135 miles, going 10 to 15 miles each day, carrying heavy pack, WANTED—Pupil nurses, male and feinale, at the Taunton State hospital Training School for nurses. For particulars address Dr. Arthur V. Goss. Supt. Taunton State Hospital, Taunton, When we are billeted for the night. Our billets have been in all night. Our billets have been in all manner of places in school houses, private houses, old hotels or factories, barns, etc. My soldier life in the trenches has so inured me to open air sleeping that I can rest better in a barn than in a house. the floor

ich, of the kingdom of Luxembourg, and on the morning of Dec. 6th crossed the Moselle and commenced our march into Germany and Berlinward. We have "made" Saarburg. FOR SALE-Furniture and clothing Kunz, Longwich, Hetzerath, Dorf.

I have stood the bike much better FOR SALE—Several horses, surries, coaches and coach harness. Henry M. Tuttle Co. Phone 49. 7tt pretty well tired out at night and go to hed about 6 p. m. Marching 10 couple of eggs. A lady fried them to the Dutch wives and has always no joke, believe me, and it takes ure. She was at one time in Amerireal manhood and endurance to stand ca and spoke English quite well real manhood and endurance to stand up to it. This memorable and strenuminutes and rest 10. Arrived at our it should have been intimating that destination, there is a great rush for the local cafes, guest-houses and hotels, where beer, wine, bread or whatever there is zu essen sells the hot cakes to the hungry American soldier. Hotels generally serve a limited number of guests; likewise bak eries and private houses sell a little bread to first comers perhaps a littie milk or jam but the supply soon runs out and the less lucky soldiers

await the arrivval of their traveling kitchen and soldier fare. The bread is rather scarce and under government control, of course, except as the people choose to reduce their own aupply by sale; also meat

## Simmons' Heaters

For Repairs, or Information in relation to the well known Simmons Heaters, apply to W. B. SHELDON, Adm.

## Get Your Digestion in Shape

Many ailments are caused by stomach weakne s. Faulty digestion leads to dizziness, sallow skin and eruptions. Maintain a healthy condition of the stomach and you will get rid of the chief cause of your sufferings. Do not neglect the laws of health. Keep stomach, liver and bowels in order by timely use of

apple sauce and tastes not unlike it, houses and barns, and tiny fields laid will restore the normal civilian de-It is supposed to be very nutritious out and cultivated like flower beds, mand for goods. Until such a basis to the state of the supposed to be very nutritious out and cultivated like flower beds, mand for goods. Until such a basis to the state of the supposed to be very nutritious out and cultivated like flower beds. and is used instead of butter in most The very hill-sides are cultivated at is reached unemployment must conmost to their tops. The degree of tinue and may increase I happen to be living with a family the intensiveness of cultivation is. There is a great fallacy in the at-69 years old as housekeeper. One in Thappen to be living with a family the intensiveness of cultivation is There is a great fallacy in the attainity. Address Box 64, East Arlington that hates the Kaiser as much as the simply remarkable. The high, tower rempt to stimulate employment by re-Americans do. They are German ing German hills are literally uphol-ducing the hours of labor unless at WANTED—To buy goods for second hand store. Will buy anything use-ful. Highest cash prices paid for same. Garreau's Second Hand Store, the full still buy anything use-ful. Highest cash prices paid for same. Garreau's Second Hand Store, and the Kaiser, who is a Prostriction attend with the most meticulously the same time the productive outsets and store. Second Hand Store, in turn, the Jews are socialists and do supported by a separate upright stick creased. Statements of leaders of ormal support the former regime. The socialists look like columns of the same time time time the productive outsets. at people as a whole look toward Hinden- cushions or porcupines in many custoff problem can be met by a restriction touch berg to solve the many questions now es "terracing" has been reserted to in of production by each individual confronting the nation. He is the order to gain ground, and the vines worker arises from a complete mishero of the people and he is especially yards are laid out in steps or benches. conception of economic laws. As a 1016 ly liked because he did not desert the. The helds look like flower heds and matter of fact, the precise opposite country as did the Kaiser and Luden run right up to the roads. Low is the with. There is only one way

> faction will rise against us and the attractive and picturesque. Our last trouble will start all over again. It march was all along a narrow valley is likely we shall be here for some with towering, vine-clad hills on eith. An ache in the back and a pain in the time, but this is a rather pleasant or side. The fields and grass are still a "damp green", and the fir. spruce and pine trees furnish green A choke in the throat and a yearning to the "color acheme." Other trees for bed have shed their leaves, so the entire purple, green and manyo, to which is added the scenic touch of nestling villages and hamlets, waysideshrines and the alimpse of wlading streams at

and ponds. thorses seem rather scarce, and one withing of doubt its to where you are frequently sees eyen and cown har nessed to wagon or plow. It is not so cold here as it was "ap front" in France. The ground is not yet frozod and it has ben cloudy or rainy the past ten days. It is drizzling hotel in Alf, whilst enjoying a fair. A doubt as to whether this really now as I write this letter in a quaint ly good German cigar. Suppose it will snow about Christmas time, but now it is simply damp and muddy as Strange visions at night that deprive it often is at home in late September. Everything is very high at the shops -cigarettes 50c for 20, cigars A taste In your mouth and a weight 12c apiece for small size, matches 2c for a small box, beer about 12c a the floor. Our passage from our old front A fair sized loaf of hot German bread to the French border was through just out of the oven cost me two A rapid admission of absence marks about 40 cents. The German doned or poverty-stricken villages the mark has depreciated from its formretreating Germans, having taken er value of about 24c to 20c or less, TO RENT—Town Farm, without stock or tools. The Town Farm will be to rent for the coming year beginning April 1st, and with it will go eare of Town Poor that live at Town bourg which is a quaint country with hours which is a quaint country with affect of the shops show small but the property of the character. with the French franc, which has Farm. For terms apply to The Selection of G. R. Mathers, Overseer of Poor.

Our G. R. Mathers, Overseer of barns—apparently the Granstark of barns—apparently the Granstark of McCutcheon. Food was scarce there and under government control and pretty steep in price. A lair meal of rooms, administration. We passed through scap, potatoes, a little meat, bread Bettenbourg, Filsdorf, Bon and Rem- and sadad costs from 5 to 8 marks a variation in diet which the soldier can't afford to indulge in very often. Potatoes seem to be the most plentiful staple in Germany. Milk is very scarce, and naturally butter al-

though "smeareasin" is occasionally than I expected although we are all by exchanging some soap I had cars whenever possible on buster and milk. ory as an unforgettable part of my sufficient food, and that the food soldier experiences. We march 50 was not distributed to the soldiers as

## Uncle Sam was raised on and He's running strong. EAT-

Champion corn



INDUSTRIAL SITUATION

Unemployment is Due to So Much Uncertainity. Boston, Jan. 30, Magnus W. Alex-

ander, managing director of the national industrial conference board, which is engaged in an extensive investigation of the problem of hours and labor in relation to output and health-of workers in various industries, said at Boston yesperday:
The present demand of textile workers for a reduction from the pre-

valling 54-hour work-week to an eight-hour work-day or a 48-hour work-week calls for serious and sympathetic consideration. In so far as that demand is based on a consideration of social welfare if presents an open question for the solution of which experience is furnishing the requisite knowledge. In so far, however ins it is urgedl as in immediate cure for the present and prospective unemployment, it is based on a fundamental error that can lad only to disappointment and industrial disas-

"Unemployment in the United States today is not due to demobilization and consequent surplus of labor, primarily to uncertainity as to the cost of production and the quantities of goods that will be required There are not and will not be too many hands for the work that needs to be done for home consumption as well as for foreign trade, but there is an industrial pause due to certain specific conditions. For although there, may be a very great demand for goods at a certain price, every increase in price decreases that demand. It is true that in spite of chicken.

and eggs are scarce and very high high prices a very large demand for The substitute for butter which is I paid 40 cents for a good sized loar textile goods has been maintained at too expensive for most people to buy, of bread, 20 cents for a quart of milk, a high level during the war, but that is marundade. In nearly every town 20 cents for a cup of jell and 30 cents was because the government has there is a large mill devoted entirely for two eggs and a couple of slices been in the market for huge quantito the production of this stuff. It is of bread. But it was a great treat, ties of textile products and has been made of ground carrots and turnips Sometimes we can buy a little hon buying them under pressure. In or-

lorf when the crisis came. meadow land is all ingeniously to provide for the payment of wages. It is rumored that we are to be sent drained and the overflow made to and profits and that is by produc-

The Grip.

That's the grip! That's the grip!

effect is that of a most beautiful and A river of heat, then a shiver of cold , pleasing mosaic of alternate brown. A feeling of being three hundred That's the grip!

> An arrow of pain, now in this place il now that-That's tife grip! ... ..

> > or a Thurs mie grip! A sample sensation-sufficeurse, wholly

A toolish depression why should you total blugation in

That's the grip! . You of rest-

That's the artp! on your chest-

That's the prio! glass, while candy is "out of sight" A tired sensation that runs through in Hoosiel Falla your veinsnucer combination of aches and of

brains

That's the grin! A petulant wonder: "How long will il stay? That's the grip!

A season of fever, a senson of freeze. A quivering weakness that's felt at the knees-Save if ever there was a cussed

discase, It's the grip! W. H. Hills, in Somerville Journal

The Real "Butterfly." The name for the butterfly did not Soap and oil are in great demand. German and Hollandish. Over in Hot- their return they will reside in Green Last evening I enjoyed a rare treat land there is a butterily that lives field

ried with me from France for a He is and always the been a neissage.

the German "upper 40,000" got their fingers in the pie somewhere. The people und soldiers are sick of the war, and the signing of a definite them, when you know them better." peace should be a matter of settle . ment of detail more than anything Anyhow, a few more days should 'rell the tale." We are right on the fob for any eventualities, but apparently there, will be nothing to it but unconditional German surrender and dictation of terms by the allies

I have not seen a wooden house in Germans all substantial stone and brick roung quite ornamental. with gables, tiled roofs and lattice or shuttered windows. The houses and barns seem quite warm, having very thick walls, and dates over the doors no back as far as the 17th century. Electric and gas lights are common even in the villages, high power transmission lines being seen everywhere along our route.

The Gorman railroads are excelfent, while rock ballast roadbeds, heavy rails, from tis and amouth levcharge energy gradients. The cars are shorter than ours but run very amouthly and with only a low, me

# SERVICE!

This term to us means the expending of our best effort to cause your car to run well and to serve you regularly and economically.

In working to remedy skips, loss of power and similar difficulties we assume that you have a well made car with a good carburettor, good ignition apparatus and a good motor with good pistons and rings. The life of all these parts aside from abuse should cover a number of years. If you say the caronce worked well, we say it will work well again if put in proper condition and it won't nced new carburettor, new magneto and new

The average car runs short of a lot of needed cleaning, oiling and tightening about the more exposed parts of the car. The ignition and gasoline systems are rarely kept clean. Batteries, generator, starting motor and brake mechanism are woefully neglected and abased. External bearings having grease cups that should be turned several times a day are lucky if they get attention that many times a month.

You know how these things are neglected. Bring in your car to have it put right. Give it a good start next Spring and take a bit better care of it than you have.

# The Bennington Garage

tight and heavy translate. Buth (ross that forced has read as F. M. HARRENGTON:

HOOSICK FALLS Prosidences H. all to Fruit Sherman was a recent galacted

of his mother, Mrs. Mary Bensburg too. Mrs. Mary Jesson of clim street Spent Sunday in Troy with relatives. Mrs. James Kenmard of Cambridge spent Tuesday with Mrs. E. P. Reyal on Ean virenc

The Ladies Nuclinty of the Ancient Order of Hilbernians held a card party and dance in A. O. H. hall on Tuesday night.

for Poughkeepsie after a short stay

The Elks good tournament is ju greeding in a sufficiency manner The results of last week are as to lows: Burns 50; Ely 45; D. Lav a; H. Weir 43; Robert Wlark 50; have the lend by thirty-four balls, Any Elk may enter the tournament or

by present

farey Josephine Kirby of this village and Frances, V. Getter of Greenfield, Mass., were married Monday evening. Jan. 27, at the registered of Pather Plembis. Father Plemms, A recaption held at the home of the brade's s Mrs E. H. Hill on Railroad They ferr on the evening train Roston, Mass. Miss Kirby wore gown of taupe chiffon broadcloth with hat to match and Inex Kirly, niece of the bride was maid of honor and Wiloriginate from "flutter," but from low liam Carnods was best man. On

Learned Great Truth Early. Son has just began to go to school FOR SALE—Two grey horses. Apply Anton Myers, South Shaftsbury, pack and heavy hobnalised shoes is pack and heavy hobnalised shoes is days it is a different girl thus attracts him. His mother said, "I'm afraid. son, that you are changeable." He answered, "Taln't me that changes; h's

> RADWAY'S READY RELIEF STOPS PAIN. For Rheumatic - Muscular or Neuralgic Pain

adways 25c 50c 11 Deady Delief Druggists

TAKEN INTERNALLY FOR THE RELIEF of stomach and bowel pains, nervous chills, indigestion, faintness, diarrhoea, cramps in bowels.

RADWAY & CO., inc., 20 Centre St., New York.

# W de Namedy has exturned from YOUR Chance to Buy

For

15.10 or 21.11

Captain Dastow of commany M. A SUIT OR OVERCOAT, WORTH ..... \$25 to \$30

FOR \$1.00 YOU CAN BUY A HAT, WORTH ..... \$3.00 YOU CAN SAVE \$1.50 AND \$2:00 ON A SWEATER COAT

YOU CAN SAVE \$3.00 to \$6.00 ON A MACKINAW mark about 40 cents, the German part and 40 cents, the German part and 40 cents, the grip!

That's the AND MITTENS

A BIG SAVING ON ALL WINTER GOODS

# Mulligan & Roche's

STYLE SHOP

# COAL

OWING TO SHORTAGE of Chestnut Coal householdors are urged to burn half PEA COAL mixed with Chestnut or Stove, in order to prevent supply of Chestnut becoming entirely exhausted.

A LARGE SAVING will also be made by so doing as shown by following price-list:

Pea and Chest. Chestnut Saving 1 Ton \$11.40 \$1.20 \$10.20.60 be ton \$2.70 .30 la ton

Usual entra charge for earrying.

Phone 49

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113 Depot Street